



Pure Justice Expedition

Gambia

FAQs Pack About Your Trip

Amor Europe

Pure Justice Expedition **Gambia**

This document seeks to provide you with all the information you will need to prepare for your trip.

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Pure Justice Expedition - Introduction

We are so pleased that you are considering or have made the decision to become part of the Pure Justice Expedition Team. Amor Europe are committed to creating opportunities for people young & old to serve the poor in different counties around the world. Your Gambian experience starts today as you begin to prepare for an adventure you will remember for the rest of your life. We encourage you to see this year as an opportunity to be impacted and challenged by experiencing a people and culture that is different to yours:

- A people and culture that we will have the privilege to serve
- A people and culture that we will come to love
- A people and culture that we have much to learn from

Our prayer for you is that this experience will profoundly impact you and transform your relationship with God and the way you see the world around you.

Overview

Usually, we will fly from Manchester or London Gatwick to Banjul in The Gambia. Once we arrive in Banjul, we take a 1-hour drive to our accommodation for the week, which is a Guest House.

Day 1 we will arrive in our Hotel/Guest House, which will be basic, but provide safe, comfortable and clean accommodation. Rooms will be shared, some may have ensuite toilet and shower, but all will have access toilet/shower block. Accommodation will provide us with meals; typically British breakfast (cereal/fruit/tea/coffee); and packed lunch (sandwiches/rolls/fruit), in the evening you will enjoy a local Gambian dinner. This will usually also be our venue for morning meetings, a place to chill and entertain ourselves each evening.

Day 2. We will meet our Gambian team made up of our partners, the local church, teenagers & interpreters. We will spend this day getting to know one another and cultural exchange. Together be trained:

- How water is contaminated
- Why is Wa, Sanitation and Hygiene (WaSH) are all equally important
- Assembling water filters
- Sustainable use
- Impact Measurement
- Practicing together how to present at the villages
- What to expect at the village on day one of distributions.

Day 3 – Day 6. A typical day:

0700	Breakfast
0730	Encounter: Spiritual Development*
0830	Leave for Community Action
0930	Encounter: Community Action*

1200	Lunch
1530	Arrive back at the Lodge, Relax
1800	Dinner
1900	Reflections
2000	Entertainment
2200	Bed

Encounter: Spiritual Development/love God and Community Action/love neighbour*

**A personal encounter with the Father is what we long for. So, each day after breakfast we focus on Spiritual development, which includes worship, prayer & devotions, in other words being filled up; love God (Matt 22:37). This is then followed by Community Action, pouring out what you've just learnt; Love neighbour (Matt 22:39). The best way to show someone you love them is by serving. So, we go to rural villages where the need is greatest to distribute water filters, training on the use of filters, sanitation and hygiene awareness, we call this a WaSH intervention; all is done in the name of Jesus.*

Day 7. If we've completed our WaSH interventions, we have day to relax and, wherever possible. enjoy some of The Gambia as a team.

Day 8. Share together as a Team and then travel to Banjul Airport for our flight home. Flights are usually overnight and we arrive back in the UK in the early hours of Day 9.

Essential Information

Passport

You need a British Passport valid for the duration of our visit, it must also be valid for at least 3 months from the date of your return into the UK.

Travel and Medical Insurance

Amor Europe will provide group travel and medical insurance which is included in the cost of your trip. If you would like a copy of the insurance policy please ask your Group Leader.

Emergency Phone Numbers

At a later date, we will provide you with a phone number that your loved ones will be able to use should they need to contact you while you are in The Gambia. We will also create a UK WhatsApp Group with a nominated contact, who is needed will communicate with your loved ones while we're in The Gambia. We will try to communicate once a day, but communications are expensive and intermittent.

Personal Cash

We recommend you bring a small amount of money for snacks and souvenirs. The amount is completely at your discretion, although we suggest you should not bring more than £50 in cash. This can be converted into the local currency on arrival.

Health Advice

Amor Europe are not qualified to advise you on vaccinations. You should seek professional advice from your own doctor or travel clinic. Please ensure you do this early, as some vaccinations need to be taken well in advance of your trip.

You must have a yellow fever vaccination and bring your yellow fever certificate with you on the trip. The yellow fever vaccine is not available for free on the NHS, so you'll have to pay for it, which is typically costs around £60 to £85

The Gambia can be hot and humid, if you suffer from any conditions associated with either of these issues, PLEASE consider this when deciding to go. Any questions please ask your Expedition Leader.

If you take Any prescriptions medicines you will need to inform your Team Leader/Team First Aider or if you have any). You must also bring a Doctors note for all prescription drugs.

Finances & Money Matters

Trip Cost

You are responsible to pay all the cost. However, we encourage people to pay, and, or fund raise for half of the costs, the flights, accommodation, etc. The other half, in country costs and filters are raised as a team, this builds friendships and team.

What does the trip cost cover?

Your fee covers all the following:

- **Travel Costs**
Flights to and from Gambia, Compulsory Airport Security Fee.
Onward travel in Gambia inc. travel between accommodation and the places we will be working
- **Travel & Medical Insurance**
If you would like a copy of the insurance policy please ask you group leader.
- **Food & Accommodation** — while on location in The Gambia.
- **Materials & Tools** — 10 water filters, 20 buckets per person, and required tools for assembly and installation.
- **3 Meetings At The Well** — 2 before the trip & one following your return, which includes food and training materials

What is not included cost wise?

Travel costs to get you to and from the airport in the UK

Passport

Inoculations – Most should be available from your GP, if they're one of the few that don't offer this free service, then you will need to go to a Travel Clinic. Yellow Fever is an example of this.

Clothes or other items you need

Travelling to 3 in person Meeting at the Wells

Any food/drink purchased at the airport or on the aircraft.

Where do I send the money raised?

Please send any of your trip costs to:

- Amor's Bank Account
- Bank: Metro Bank
- Sort Code: 23 05 80
- Account Number: 29601504

Reference: Reference: **IMPORTANT** for any payments always use a reference made up of the first 3 letters of the country, the last 2 numbers of the year & first three letters of your surname, so we know the payment allocated to you. For example: assumes Gambia, 2024 & Smith = Gam24Smi

Crowdfunding sites. Your Trip Leader can help you set up a crown fundraising site, we use Stewardship.org, if you can please use this organisation. We have lots of experience on fund raising to share, for example see the final section of this document!

By when should my money be paid?

Please do not save it all up and send it at the last moment! We have lots of costs to pay for in advance, so we have set the following deadline for sending in your money:

- Immediately register and pay deposit — £150
- When flights need booking, outstanding flight cost to be paid — Circa. £600
- 2 months before expedition travel — £250
- Full outstanding balance 4 weeks before departure date

Gift Aid

If a UK taxpayer is able to donate, then please ask them to tick the Gift Aid box on the Sponsor Form, Donation Slip or Crowdfunding sites. They can also complete an Amor Europe Gift Aid Form. This increases the value of the gift by 25%, so every £1 given becomes £1.25 received.

If you yourself are a UK taxpayer, you can donate up to £800 of your own money and claim Gift Aid. This is for filters, buckets, Follow-ups, impact measurement, etc. All other Gift Aid Amor Europe receives on your donations, or donations from others will be used to support the work of Pure.

Please note that donations can be Gift Aided only if they are given by tax paying persons not connected to you. Donations by parents or immediate family, your church funds, another charity or from any other organisation cannot qualify for Gift Aid.

What happens if I raise more than my target amount?

Many participants will raise funds over their target. Any surplus funds may be used as follows:

- To cover any other participants who did not reach the target funds
- Funding Pure including more WaSH interventions.
- Funding for future Gambian trips.

What happens if I am unable to take part after all?

You will be asked to cover any expenses incurred on your behalf, up to the target amount, unless the withdrawal is for reasons covered by the Travel Insurance.

Kit List

Each person is expected to bring the following items. It is important that these items do not take up more space than the airline will allow.

The Gambia 2024/5 Kit List

Please print and tick off as you get your kit list together.

Topic	Items	Qty	Tick	Comments
Luggage	Suite Case or holdall - Robust and large enough for all your items and your 10 water filters. Baggage allowance: check with Trip Leader, But usually it is 25KG hold luggage & 10KG cabin baggage	1		
	Rucksack for aircraft overhead storage. Plan will be to take this with you each day while installing filters, to carry your water, lunch, any other essential items, hence backpack option may be best	1		
	Plastic wallet for your passport and other certificates	1		
Documents	Passport – Plus a photocopy of Identification page, for you & your emergency contact in UK	1		
	Yellow Fever Certificate	1		
	Safeguarding Pocket guide provided by Pure	1		
Food / Drink	Any treats you feel you may want to take, e.g., cereal bars, biscuits, or favourite snack, variety cereal packs			
	Speciality teas. Note standard tea and coffee will be provided.			
	Insulated food bag, with freezable ice pack for your lunches, circa. (35x30cm)	1		
	Travel Cup (hot drinks)	1		
	Plate (Large), Bowl (Medium, for a decent portion of desert/stew)	1 of each		
	Knife, Spoon & Fork	1 of each		
	ONE per room - Tea towel & washing up liquid (environmentally friendly)			
	2 litre water bottle / write your name on it	1		
	Any prescriptions medicines (inform Team First Aider or Team Leader if you have any). Bring Drs. Note for all prescription drugs)			
	Medicines	Sufficient Insect repellent to last the duration, day, and night. Ensure maximum strength, for example Jungle Formula Maximum or Boots	Lots	

	Repel Maximum DEET & PMD Aerosol 125ml Boots			
	High factor sun protection (waterproof, for when we're on the beach)	1		
	The Trip Leader will be bringing a well-stocked first aid kit, BUT will NOT include medicines. If you are prone to travel sickness, heat, constipation, or diarrhoea, eczema, etc. please bring the best treatment that works for you. Like any foreign country, buying it in The Gambia is expensive.			
	Comfortable loose clothing, the day will be hot, circa. 30 degrees. In the day we may be walking through bush and on uneven track.			
Clothes	Long trousers, ideally not tight fitting (heat). Ladies' long trousers (harem trousers) that elasticate at the ankle, cool and prevents insects getting to your legs.	3		
Day	Trainers, with socks. For safety reasons nothing open toed, no flip flops or sandals.	1 or 2 pairs		
	T-shirts are ok for men and woman. No vest tops for modesty purposes and to prevent sun burn. A suitable hat.	5		
	Hat, it will be hot & sunny every day			
	It MAY be chilly in the evening, PLEASE bring suitable warm clothing, just in case. No dress-code. However, be sensible and protect yourself against insects, for example long trousers, jeans, harem trousers. Wear modest clothing, if skirts, below the knee.			
Evening	Fleece (use to travel in from UK), the airplanes are cold, plus you'll save space in your case	1		
	Long trousers/track suit bottoms	1		
	Long sleeved top/hoody/track suit top	1		
	T shirt/polo shirt	1		
	Pair of Shorts	1		
	ALWAYS wear something on your feet. While at accommodation comfy indoor shoes to walk around your room and the accommodation...anything else is at your own risk.	1		
	While at the accommodation – Micro Fibre are good, they take less room	1		
Towel	Beach towel – Micro Fibre are good, they take less room	1		
	All your usual items, for example deodorant, toothbrush, and paste.			
Hygiene	Shower gel – Mosquito's avoid lemon smells. So, ensure you bring lemon scented, for example			

	<p>ASDA's Original Source Lemon or AVON Skin So-Soft lemon.</p> <p>If you are sharing a room, please consider one large bottle to share, instead of each bringing your own. It's cheaper and better for environment.</p>			
	<p>Antibacterial gel for your hands. Enough for the whole trip, for example every time you go to the loo, after you wash your hands, before and after you eat, when we're out and about.</p>	Lots		
	Sanitary products for the ladies			
	<p>Environmentally friendly wet wipes. There will be toilet paper in the rooms, plus when we're in the villages. However, when we're in villages there may be no toilets or no handwash facilities, wet wipes are ideal, also for use before you eat. Note: While in villages there will probably only be long-drop toilets, which will be smelly, a tip is Tiger Balm to apply under your nose: https://www.boots.com/tiger-balm-red-ointment-30g-10223197</p>	1		
	<p>While in The Gambia be environmentally aware...take your rubbish back to the accommodation!!!</p> <p>Plastic Zipped bag (approx. 20x30cms) for personal waste while in villages (wet-wipes, plastic, etc.)</p> <p>Plastic bag to carry your dirty plates & cutlery back to the accommodation.</p>			
	<p>Phone charger / Don't use as voice/data is very expensive.</p> <p>Your trip leader will have a phone for emergency use. They will send a message each day to your emergency contacts provide brief update for assurance purposes.</p>	1		
Other	<p>Mosquito nets. Should be there, but sometimes they're not in 100% great condition. You may feel more comfortable taking your own. On amazon they range in price from £9 - £18. (Speak to your room mates, they may have one already, to save the cost)</p>	1		
	<p>Ear plugs for sleeping in case you have a nosey neighbour. Also, call to pray &/or rooster &/or pigeons on roof)</p>	1 pair		
	Beach wear for swimming in sea and sunbathing	1		
	<p>Pillow (travel/otherwise). (Pillows are provided in the guest house, but can be very hard?)</p>			
	Sunglasses (Not expensive brand)	1		

	Light cotton sheet – Not required, but optional for modesty while sleeping			
	Head torch for outside in evenings	1		
	A journal/notebook & pen. It's good to record your feelings and experiences each day.	1		
	Your Bible	1		
	Double, or even treble adaptor. Only 2 single sockets available in each room. You may want to consider sharing with a room mate.	1		
	Travel adaptor not required. They use the same as we do, i.e., type G & The Gambia operates on a 230V supply voltage at 50Hz	N/A		
	Credit cards accepted in some shops in tourist areas/towns. You may want to take spending money, or money for local gifts. UK £'s is widely exchangeable. US \$'s are too, but make sure they are no older than 5 years	£50		
	Expensive branded clothing, or jewellery, watches, or technology			
Don't Bring				
	IF you plan to bring an expensive camera, DON'T place it in your suitcase, which will be stored in aircraft hold, carry with you at all times in your hand luggage.			

Any questions or concerns please contact your Trip Leader.

DO NOT BRING: alcoholic beverages, recreational drugs, electric or electronic gadgets, for example hair straighteners, hair dryers, gaming devices, tablets, etc.

FUNDRAISING — GETTING STARTED

It may seem ages until the trip, but we encourage you to get started as soon as you can. Remember you can't just ask people for money without doing something in return. Keep people close to you updated on how you are doing, and don't feel that you are doing this alone. Get some help from friends, family, and supporters, and put on events and activities to raise the money.

Your Group Leader can provide **Donation Slips**, **Sponsor Forms**, and **Info Flyers** which can be used to help you raise funds. If you wish to use these in large quantities, please **ask your Group Leader for more copies**.

About Donation Slips

Ask your Group Leader for **Donation Slips**. Before giving these slips out, ensure to fill in your own name, and information about to whom to pay cheques (your Group Leader should have done this for you). You can use these slips to place on seats before you talk about your forthcoming trip in a church service, or for people to take home and to return to you with a donation at a later date. Ask all donors to seal their gift in the envelope along with the slip, ensuring that their name, address, and donation amount is recorded if they intend to Gift Aid the money (and if so, please ensure they have ticked the Gift Aid box). *Form below for printing purposes*

About Sponsor Forms

The **Sponsor Form** can also be used to record donations, and will save you using lots of slips and envelopes. They could be used for events such as a sponsored swim, or cycle ride. *Form below for printing purposes!*

About Info Flyers

The **Info Flyers** can be used to tell people about your trip, and what the money they give will go towards.

Some fundraising hints

Ensure you know about the trip in sufficient detail to answer general questions.

Remember that the fundraising challenge is as much a part of the experience trip as the trip itself. Start it sooner rather than later to ensure you have reached your fundraising target at least two weeks before the trip starts. Remember:

- Always be polite and thank people as soon as they have donated any money;
- Keep track of all slips and sponsor forms;
- Ensure you get any adults who pay tax in the UK to Gift Aid the money they give; Show people the flyers and tell people they can also go to the website, www.amoreurope.org/pure for more information;
- Read the Questions under "Finance & Money Matters" for more information.

Ask your Group Leader for the "Fundraising Ideas," booklet to get your creativity started, or click here: <https://www.amoreurope.org/pure-expeditions>. Look at any expedition and then downloads.

